

## The Doctor's Advice

By Dr. Lewis Baker

The questions answered below are general in character, the symptoms and diseases are given and the answers will apply to any case of similar nature. If you desire further advice, please address Dr. Lewis Baker, College Bldg., College-Hillwood Sts., Dayton, O. enclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

recommend it to all who suffer with any disease of the scalp.

"Mrs. A. F." writes: "Really if I could find a true remedy to increase my weight, I should be the happiest woman alive. I am so thin and scrawny. It is a shame. Why can't I be like other women? I do not work hard and have plenty good food."

Answer: You can "be like other women" if you will follow my advice, which is to use three grain hypophosphites tablets packed in sealed cartons with directions, and most widely prescribed by intelligent physicians everywhere. They improve the nutrition, add red blood corpuscles to the blood, improve the complexion, but thorough and regular use must follow to get these good results.

"Mr. Ben" writes: "My joints are becoming so stiff from rheumatism that I can scarcely walk. Is there any help for me?"

Answer: Of course there is help for you and for all others who suffer from rheumatism. Take the following and you will be entirely cured: Iodide of potassium, 2 drams; sodium salicylate, 4 drams; wine of colchicum, 1/2 oz.; comp. essence cod liver, 1 oz.; comp. cod liver, 1 oz.; and syrup of sassafras, 5 oz. Mix and take a teaspoonful at meal time and again at bed time.

"Mary J." says: "Every winter I have a cold which lasts till spring. I have tried many remedies, but nothing seems to do me good so I ask you what to do."

Answer: The best medicine to relieve colds and coughs is made by mixing the contents of a 2 1/2 oz. bottle of essence menthol laxative with honey or honey and sugar syrup. Full directions for making are given on the bottle and also how to take. You will find this will cure your cough and cold in a few days and it is perfectly harmless and pleasant to take.

"Miss A." writes: "I have a very bad case of dyspepsia. I am afraid to eat a hearty meal. My breath is bad and I am cross and irritable most of the time."

Answer: "If you will get the following tablets and take according to directions, they will cure your dyspepsia. You will soon be rid of all distress in your stomach. They will also help your constipation. They are packed in sealed cartons. If this trouble is allowed to stand it will cause appendicitis, so begin taking at once."

"Helen" writes: "Please tell me what to do to gain an appetite. I cannot eat and am thin and nervous. I do not sleep. I need a good system tonic and the best one that I could tell you of. Syrup of hypophosphites comes to mind. I have used it for some time and it has helped me. I am now eating and sleeping better. I am now a healthy girl."

Send \$1.00 for Dr. Lewis Baker's Book on Health and Beauty. Advertisement.

"An unhappy woman" writes: "What can I do to reduce my weight. I weigh entirely too much for my own comfort. It is also very embarrassing at times. I would like a reply."

Answer: The safest, quickest and best remedy that I know for reducing flesh, and one that I know to be harmless, is: Aromatic elixir, 5 oz.; glycerol, 1 oz. Mix, shake well and take a teaspoonful after each meal for three days, and then double the dose. Continue until your weight is reduced properly.

"Howard" writes: "What can I take for headache, dark spots before my eyes, dizzy spells and also constipation?"

Answer: Constipation is the cause of all your trouble, but I can cure you if you will follow my directions. Get at the drug store three grain sulphur tablets (not sulphur). These are packed in sealed tubes and contain full directions. These little tablets purify the blood, the bowels and liver are stimulated into healthy action and will gradually cure your trouble.

"Little Girl" writes: "To cure your child of bedwetting get Icture cubes, 1 dram; comp. fluid balmwort, 1 oz. and tincture rhubarbatic, 2 drams. Give 10 to 15 drops in water about one hour before meals."

Doctor: "I have been a sufferer of catarrh of the head for many years. It has also affected my stomach, bowels and blood. I suffer greatly and would appreciate an immediate answer."

Louise: I should recommend the following local treatment for you: Get two ounces of Vaseline powder and a pint of warm water and one-half teaspoonful and sniff from the palm of the hand through the nostrils two or three times daily. In connection with this make a catarrh balm of one ounce of Vaseline or lard and a level teaspoonful of Vaseline powder, apply this balm to the nostrils as far up as possible. Also obtain the following ingredients, mix, shake well and take a teaspoonful four times daily: Syrup sassafras, 5 oz.; comp. fluid balmwort, 1 oz.; fluid extract buchu, 1 oz.

"Kathryn" writes: "If you know of anything that will stop premature baldness, cure dandruff and itching scalp, I should appreciate a reply."

Answer: The following simple remedy will cure dandruff and promote a luxuriant growth of hair. Ask for plain yellow myrror which can be had in 4 oz. jar and use regularly according to directions. I have seen the most astonishing results from its use that I heartily

OTERO SCHOOLS TO HOLD ANNUAL MEET

Alamogordo, N. M., Nov. 18.—According to an annual contest the several school contests of Otero county will be held in this city December 6 and 7. All the public and high schools of the county are expected to participate in the contests, which are both athletic and literary. The attendance on former occasions has reached nearly 800 from outside the city, and superintendent George of the city schools authorizes the statement that fully a number of more will attend the coming meet if information has already received is any criterion. The city will do its share for the events and every citizen is expected to make the occasion memorable.

ONE BETTER.

Football Manager have just got a very good "halfback."

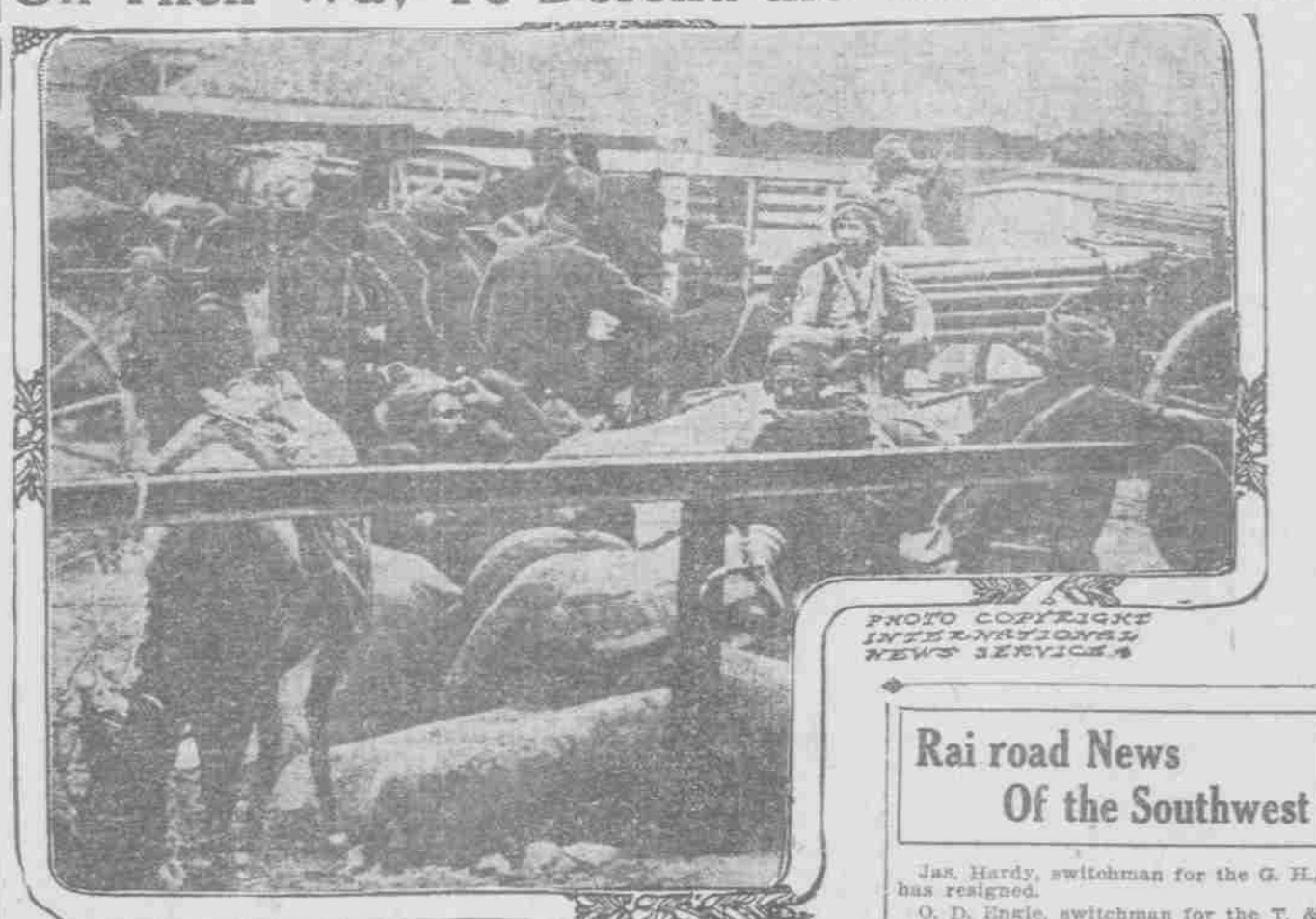
Henpeck (whose wife has just returned)—Indeed! I have just got a better half back.

At eight p. m., December 7, a declaration of martial law will be held. The oration contest will be confined to students of the high school only.

At a meeting of the city council two ordinances were passed. One closing the billiard and pool halls on Sunday and prohibiting minors from attending the same. The other ordinance provided for more stringent regulations with reference to the sanitary condition of the city.

THE SWIFT SPECIFIC CO. ATLANTA, GA.

## On Their Way To Defend the Turkish Capital



Copyrighted by International News Service. Turkish recruits resting at a railway station preparatory to entraining for Constantinople to join the army of the defense that was strung-around the Turkish capital to repulse the advancing line of the allied Balkan armies.

## Ella Wheeler Wilcox On Remarriage

"Only One Woman in Five Hundred Who Is Widowed in Her Prime Is Left With a Memory of Such Ideas of Love That Remarriage Is Impossible."

TWO women, both widows, were talking of life, motherhood, and their ideals of duty.

One woman was something past 40; she had been a wife at 28; and her children were growing into the romantic age. She was contemplating a second marriage with a good man. The other woman was older; past the half century mark, and her children were all married.

She rebuked the younger woman for her thought of consenting to a second marriage.

"You have a comfortable income," she said, "and your children ought to be able to support you. Why should you risk a second marriage? It is a foolish idea. I was a widow at 40; and now I am 55; and I am thankful to say I am satisfied with my children's mother, and not their stepfather's wife."

"But," replied the younger woman with some spirit, "I do not see that your example is one which would make other women eager to follow it."

"And pray why not?"

"Because you are a very lonely woman, your children are married and have homes of their own; they may love you devotedly, and be kind and all that, but the fact is, they do not need you to make their lives complete."

"They do not need you in their homes, and you must feel yourself a guest, when you visit them; it is in the nature of things. A new individuality has entered into their lives. The son has his wife, and the daughter her husband; and if they go away on a journey they will find more pleasure to be with each other than with a third party."

"Now, I have two young children who will stay with me, and I do not propose to make myself a problem to them, nor happiness a problem to myself."

"I was a good wife to their father and I respect his memory. We were happy when he lived and I mourned his death. But time has softened the sorrow of his loss, and a new affection has come into my heart and I do not propose to smother it."

"It may pain my children for a time to have me wear another name than that of their father; but they will become accustomed to it; and I trust the new father will win their hearts. They will eventually live their own lives."

But one in five hundred.

"I mean to have my own companionship and my own home life, so that when my children go into their new homes I will not be left desolate."

The younger woman unquestionably had the better of the argument. Once in 500 cases a woman who is widowed in her prime is left with a memory of such happiness and with such ideas of love that a remarriage would be impossible; it would be a sacrifice to even entertain the idea.

Once in 500 cases a man is left a widower with a similar barrier to remarriage.

The remaining cases either marry again or would like to marry again.

A woman in the prime of life, known and respected and loved by all America, has announced her intention of a second marriage.

In her youth she espoused a high official of our country, and she was a faithful wife and a devoted mother, and graced every position which she occupied, and performed every duty with fine precision.

She bore the strong taint of publicity with dignity and met the difficulties of her position with admirable poise. When sickness, sorrow and death entered her household, she passed through each ordeal with the same grace and serenity which had kept her sweet and unassuming in the hours of prominence and prosperity.

The best wishes and sincere blessings of a whole nation will attend this woman on her second wedding day.

## Railroad News Of the Southwest

Jack Hardy, switchman for the G. H., has resigned.

O. D. Engle, switchman for the T. & P., has left the service.

R. B. May, switchman for the Santa Fe, is taking a layoff.

C. L. Inman, switchman G. H., is laying off a few days.

John Webb, towerman for the G. H., has reported for duty.

L. Perryman, switchman for the G. H., has reported for duty.

H. C. Johnson, conductor of the Santa Fe at San Marcial, has resigned.

Sam McTier, oil house man at Toyah, is acting call boy for a few days.

O. S. Bartley, engine foreman for the Southwestern, has reported for duty.

Engineer Hopkins, of the Mexico Northwestern at Madera, is in the city.

J. F. Murphy, formerly a brakeman on the S. P. at Oakland, Cal., is in the city.

## Heavy Weight On the Stomach

Stuart's Dyspepsia Tablets Remove It and All Other Forms of Indigestion Quickly.

That awful feeling as though there were a heavy weight on your stomach, as though you had swallowed an enormous lump of lead—is caused by the failure of your stomach to thoroughly digest your food. You may have eaten too fast or too much. Your stomach may be over-worked and tired out. It is too weak to produce enough of the digestive juices necessary to take proper care of the food. Gases form and cause all sorts of agony. The stomach demands more



pepsin, hydrochloric acid and other digestive agents which it is unable to secrete.

Medicines are not only worthless in cases of this kind but are actually injurious to the whole system. It is sheer lunacy to pour a lot of vile stuff into the stomach—drugs that have no digestive power whatever.

Stuart's Dyspepsia Tablets contain ingredients that not only bring quick relief to indigestion sufferers, but actually digest the food for the stomach. One of these little magic tablets taken after each meal will rest the stomach, revitalize the secretory glands, strengthen the muscular walls—in fact, tone up the entire digestive system.

No home should be without Stuart's Dyspepsia Tablets constantly on hand. They stop all forms of indigestion, such as sour stomach, belching, heartburn, flatulence, burning sensation, brash, etc. After a brief course of treatment your appetite improves. You enjoy your food more. You awaken every morning with a happy disposition. Life looks brighter. Your brain becomes clearer and your eyes sparkle with their old time snap and twinkle. You are practically a new person.

Stuart's Dyspepsia Tablets are sold by all druggists, at 50c a box.

OWES LIFE TO THIS

It is beyond human power to perform miracles. The makers of Eekman's Alternative, a remedy for Consumption, do not claim that it will restore every one to perfect health, but so many have voluntarily testified it saved their lives, that all who have this dread disease should investigate and use it to stop the night sweats, reduce fever, promote appetite and in very many cases, prolong life. Read what it accomplished in this case—

Catherine Ave. and Ascot Place. Queen's Court, L. I.

"Gentlemen: In the year 1908 I was taken with a heavy cold and a nasty cough and went to several doctors, including a specialist. Their medicines failed. I then went to the Catskills, but the cough still kept up. I stayed there a year and then went on a farm near Jersey City, a very sick man."

"My brother then recommended Eekman's Alternative to me very highly. At first I would not consent to use it, owing to the fact that I had taken so many medicines without being helped in any way, but finally I consented. It is now nearly two years since I first took it. I am now cured and I dare say that I would have been buried long ago if it had not been for Eekman's Alternative. I wish to thank you for the God send to me. Wherever I go, I highly recommend the Alternative, as I owe my life to it. I am, Sir, your obedient servant, (Signed) J. J. TROESCHER.

Eekman's Alternative is effective in Bronchitis, Asthma, Hay Fever, Throat and Lung Troubles and in upbuilding the system. Does not contain poisons, opiates or habit-forming drugs. For sale by Kelly & Pollard, Knobelach Drug Co., People's Drug Store, and other leading druggists. Ask for booklet telling of recoveries, and write to Eekman Laboratory, Philadelphia, Pa., for additional evidence.—Adv.

Hardy, of the Southwestern at Carri-2020, has returned to her home after spending a short time in the city.

## "Gee! That ZEMO Feels Good, Ma!"

For Prickly Heat, Pimples, Blisters, Blackheads, Eczema and Dandruff, ZEMO is a New Wonder.

At last, a remedy for skin troubles that makes everybody smile and say, "Hoo-ray, I've found it at last. ZEMO is really extraordinary, as any man or woman can prove immediately at a cost



of only a few cents. If you have prickly heat, eczema, irritated or inflamed skin, blotches, pimples or blackheads, you will marvel at the results of ZEMO after a few applications.

You can't realize it until you have used it. Get a 25-cent bottle first, to prove to yourself conclusively that you never heard of or bought anything like it in all your life.

ZEMO gives instant relief, pain disappears, sores and rashes leave you. When you apply ZEMO, it sinks right in and disappears. Then, behold, your skin troubles vanish! A few applications of ZEMO will stop dandruff. ZEMO is absolutely safe. It will make your skin feel like baby skin. It gives the skin a treat.

ZEMO is sold in 25-cent and \$1 bottles or sent direct on receipt of price by E. W. Rose Medicine Co., St. Louis, Mo. Try a 25-cent bottle and when convinced, get a \$1 bottle which contains six times as much as the 25-cent bottle.

Zemo is sold and guaranteed by druggists everywhere, and in El Paso by Kelly & Pollard, A. B. Ryan & Co., Rio Grande Pharmacy, Knobloch Drug Co., Potter Drug Co.—Advertisement.

STOMACH GONE BAD SOUR, GASSY, UPSET?

When "Pape's Diapiesin" gets in Stomach all Indigestion goes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eruptions of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapiesin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain remedy in the whole world and besides it is harmless.

Millions of men and women now eat their favorite foods without fear. They know now it is needless to have a bad stomach.

For your sake, get a large fifty-cent case of Pape's Diapiesin from any drug store and put your stomach right. Don't keep on being miserable—life is too short—you can't here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Diapiesin belongs in your home anyway. It should be kept handy, should one of the family eat something which doesn't agree with them or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night it is to give the quickest, surest relief known.—Advertisement.

## Difference In Viewpoint

By Beatrice Fairfax

THIS is the story of a girl named Ruth. It is a matter of great regret that it is also the story of girls named Mary and Sue and Ann and Jane. It is the story of girls in every country. It is the story of every girl whose parents have let their hearts grow cold.

The Ruth of this story lives a long way out on Long Island. Where she lives is not really a long distance, but it is a long distance from the heart of her parents. The matter which concerns us, and which strikes the story, is the story of Mary and Sue and Ann and Jane, is that her parents have forgotten their daughters have grown into young women.

They cannot bring themselves to look upon life from her viewpoint! This is her story.

She works in Iowa. She goes at night to a home where there are no young folks. Every girl friend she has lives a long distance away, and she can see them only occasionally. When they are with her they talk of the good times they have with other young folks.

Ruth knows only the evening after evening spent alone with her parents. "They do everything they can," she writes, "to make home pleasant for me, but I am young, and naturally I am far away from my friends, and I am lonely. I try to read, but I am too young to be tied to a book for my sole enjoyment. I try to be interested in what mother has done all day, and how things have gone with father, but these do not suffice. I want some one of my own age! I am tired of living in the past with my parents as much as I love them! I want a little happiness, a little joy, of my own. It isn't fair! It isn't fair!"

Parents Are Selfish.

Ruth is right. It isn't fair! Her mother is alone all day, but she is happy knowing her daughter will be home at night.

And that question tells the condition of the hearts of the parents. They have grown old. If they kept their hearts young and looked at life from a less selfish viewpoint they would know.

I am sorry for Ruth. Also for Mary and Sue and Ann and Jane. So sorry I wish I could call all the parents together and urge them to see that their daughters have companions their own age.

I would beg them to recall the longings of their own youth.

I would beg them to give every daughter a chance to make friends of their own age, and to let them meet young men, that if it is so willed, she may have her chance to love and to marry.

McElwain Shoes are put in some shoes to sell them

McElwain Shoes have stylish shapes put in them to last. It's the high quality of the leather and skilled workmanship which go into their making that holds the shape that makes the style and keeps it there.

W. H. McElwain Company, Boston

Tom Byrd has the position as night yardmaster for the G. H. Mr. Byrd was at one time general yardmaster for the G. H. here.

Brakeman Durium, of the east end of the Southwestern, expects his family home in a few days. They are visiting in Abilene, Texas.

William Holmes, formerly an engineer on the Santa Fe running to El Paso, has gone to Phoenix, and not Douglas, Arizona.

L. A. Fall and R. K. Stump, formerly brakemen on the S. P., are now employed by the Wabash railroad as brakemen at Decatur, Ill.

Mrs. Hardy, wife of switchman

## YOU NEED S.S.S.

Every sufferer of Rheumatism needs S. S. S. because this great blood purifier is a certain cure for the painful disease. Rheumatism is caused by an excess of uric acid and other corrosive, irritating impurities in the blood, which are carried through the circulation to the different portions of the system. This acid matter coats the nerves, muscles and joints with a fine, caustic deposit and the sharp cutting pains or dull, constant aches are produced. S. S. S. cures Rheumatism because it is a perfect blood purifier. It goes into the blood, neutralizes the acids, and dissolves the irritating particles and forces them out of the system through the natural excretory channels. Then all inflammation and swelling subside, the pains and aches cease, and not only is Rheumatism permanently cured but under the tonic effects of S. S. S. the entire health is benefited and built up. S. S. S. reaches inherited cases as well as those which have been acquired, and good results always follow its use. S. S. S. is an absolutely safe remedy because it contains no strong minerals to damage the system. It is made entirely of roots, herbs and barks. Book on Rheumatism and any medical advice free to all who write and request same. S. S. S. is for sale at leading drug stores.

THE SWIFT SPECIFIC CO. ATLANTA, GA.

HIGH-RE

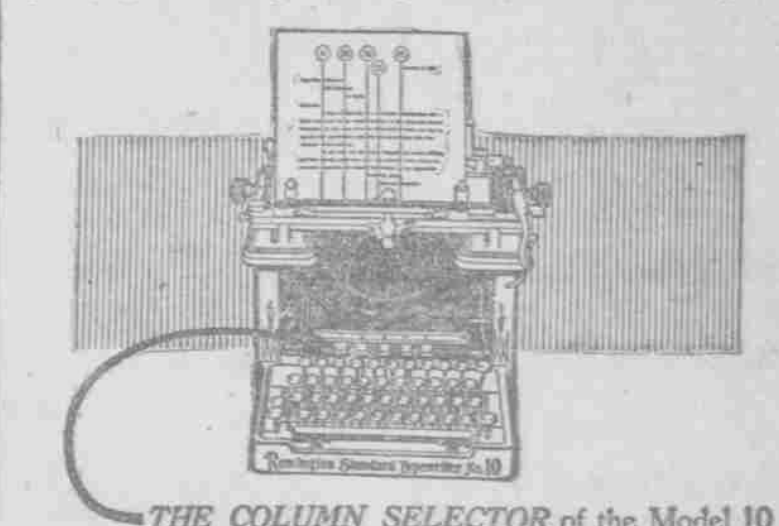
That's the Proper Way to Pronounce Booth's HYOMEL, the Famous Catarrh Remedy Made from Australian Eucalyptus and Other Antiseptics—Just Breathe It.

It Banishes Catarrh

When you can go to any drug store in any civilized community on earth and secure for only \$1.00 a remedy that will quickly rid you of hawking, spit-

## DO TYPEWRITER USERS REALIZE

how much time is lost through needless hand adjustments on the ordinary machines? Do you realize, for example, how much time is lost in ordinary letter writing by the hand adjustments of the carriage necessary to write the date, the address, indent the paragraphs, write "yours truly" and address the envelopes?



THE COLUMN SELECTOR of the Model 10 REMINGTON eliminates these hand adjustments—absolutely. A single touch on one of the SELECTOR KEYS brings the carriage instantly to the exact point on every line where the writing is to be done.

And this is only one of the many labor saving features of the REMINGTON Typewriter. Visible Models 10 and 11. Illustrated booklet sent on request. Remington Typewriter Salesrooms.

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